

## **ABSTRACT OF THE DISCLOSURE**

The present invention relates to a mixing and stirring device suitable for stirring food. In an embodiment, the mixing and stirring device includes a shaft with a locking jig to fit into a kitchen appliance electric mixer and a substantially cylindrical shaped auger stirring head extending laterally from the shaft, wherein the auger stirring head includes twisted surfaces cut on anti-parallel surfaces forming a set of blade edges. The auger stirring head also has concave surfaces to generate uplift movements and blade edges to drill and cut solid content food without causing spillage. The cross-section of the shaft may be rectangular, triangular and circular. The mixing and stirring device may be coated for protection from scratches, corrosion, and for easy cleaning. In another embodiment, the stirring head is a tear drop shape. In yet another embodiment, the mixing and stirring device is a disposable hand stirring and mixing device.